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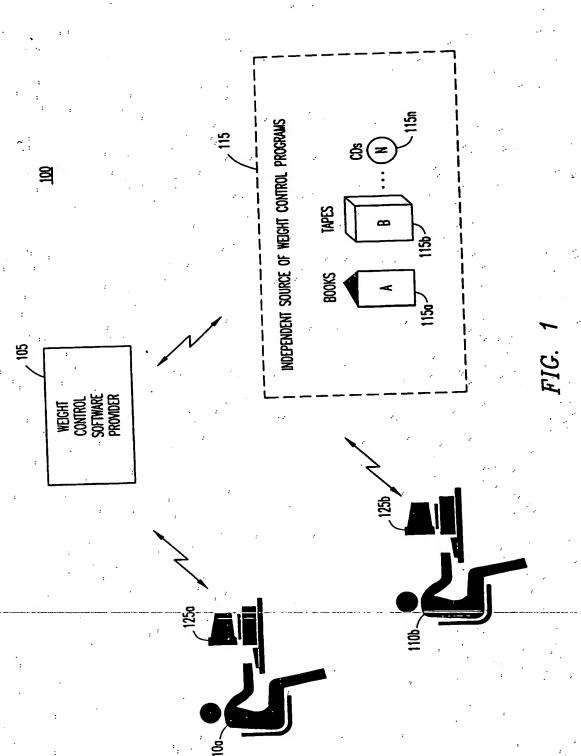
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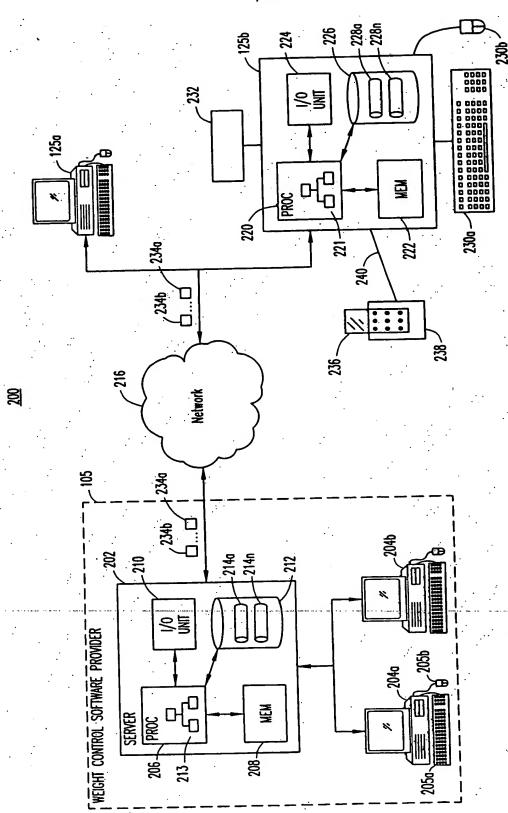
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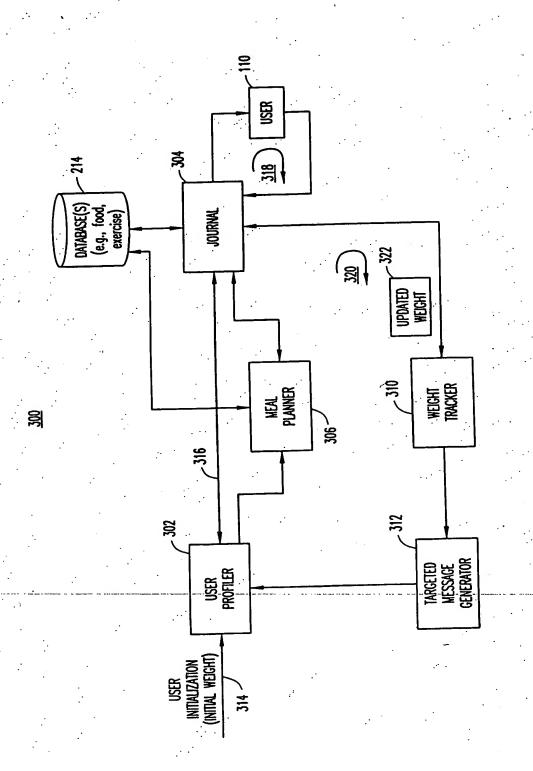


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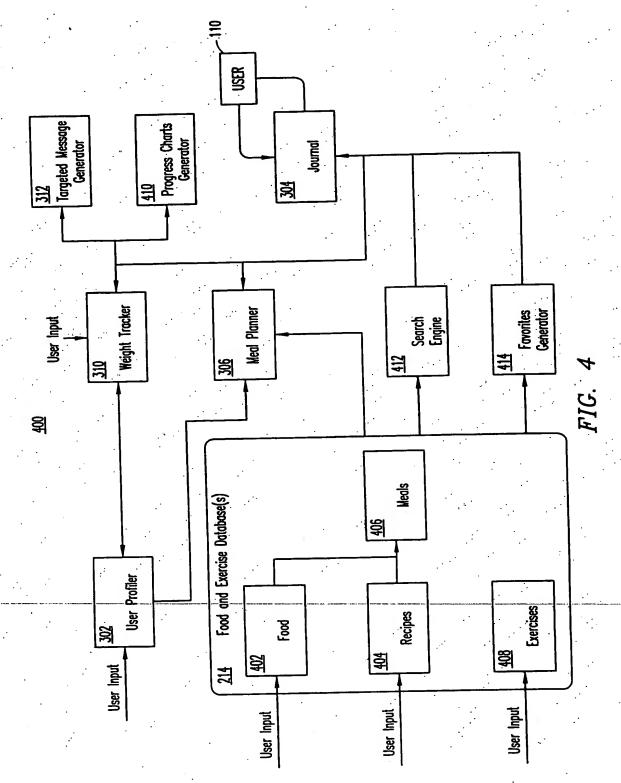


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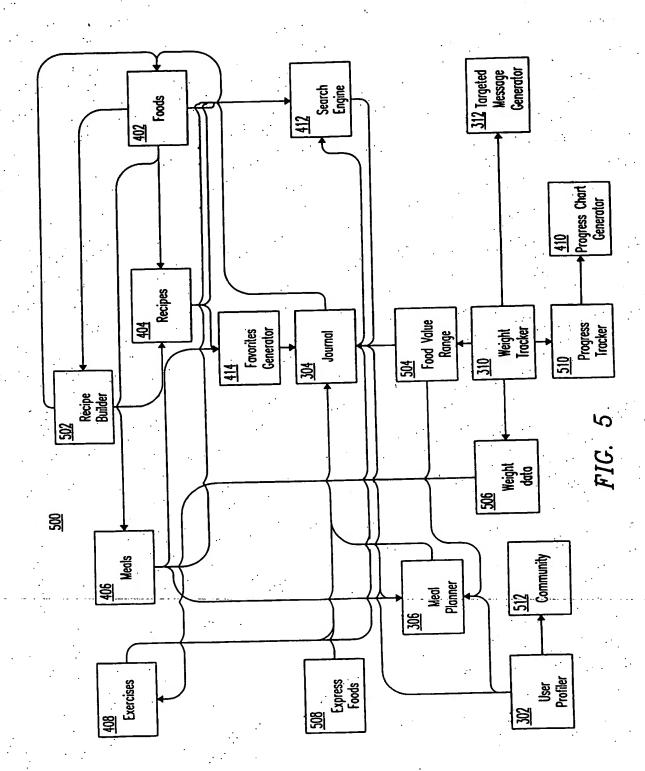
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Database

Inventor: Kirchhoff, et al 03968-P0001F

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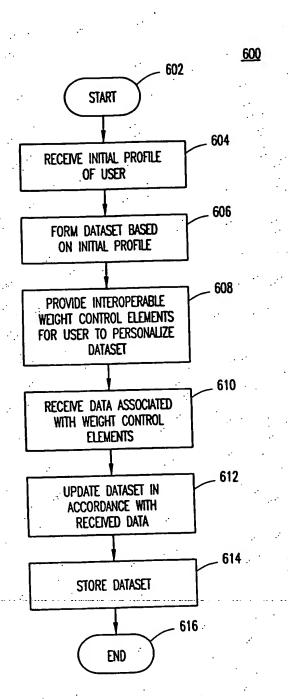


FIG. 6

Database Inventor: Kirchhoff, et al 03968-P0001F

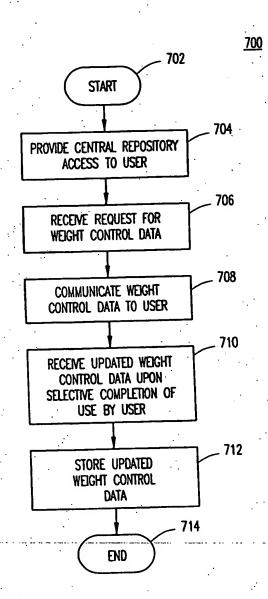


FIG. 7

**Title: Weight Control System Having Foods and Activities** Inventor: Kirchhoff, et al 8/28 03968-P0001F find a meeting about us my profile site map help 802 806 just for me shop healthy life filness sucess stories food & recipes home the plan community Journal | Weight Tracker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living 826 step 6 of 6 confirm your information Please confirm that all details you entered are correct. Click the "make changes" link below to make Current Weight Information Current Weight: 223lb Height: 5'8" Gender: M Birthdate: 7/14/1966 Make changes to Weight Information Other Characteristics 814 Personal Information Attitude: Generally Happy First name: John Athletic: Yes Last name: Smith Eye color: Blue Address: 1 MAIN St. Hair color: Brown City: Anytown State: NY Other Demographics. Zip code home: 12345 Roce: Caucasian Zip code work: 12346 Religion: Catholic Country: United States Ethnicity: Irish Phone: (212) 555-1234 Blood type: A+ E-mail: jsmith@workplace.com Receive Information: No Heath Restrictions E-mail Weight Loss Progress: No None E-mail Format: text Profession: Professional (e.g., doctor,lawyer) Desired Meal Plan Type Marital status: Single Regular Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765 Make changes to Personal Information Payment Information Credit Card: Visa Credit cord number: \*\*\*\*\*\*\*\*1111 Expiration date: 2/2002 Name as it appears on the card: John Q Smith Billing Address: 1 MAIN St. City: Anytown State: NY Zip code: 12345 Make changes to Payment Information 824 Total Subscription Charges for Monthly Fee: \$8.00 x 6=: \$48.00 Sovings/Discount: \$0.00 Toxes: \$0.00 Total Charges: \$48.00

**Database** 

FIG. 8

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FIG. 9

Database

Inventor: Kirchhoff, et al

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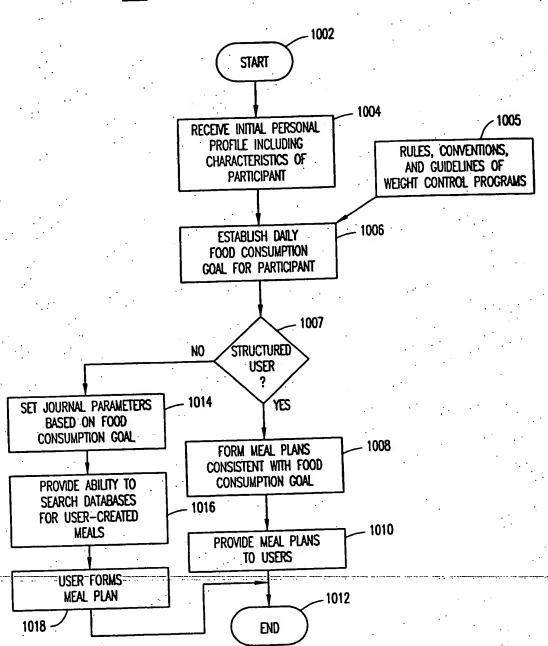


FIG.

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FIG. 13

Title: Weight Control System Having Foods and Activities

Database

Inventor: Kirchhoff, et al 03968-P0001F

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Title: Weight Control System Having Foods and Activities Database

Inventor: Kirchhoff, et al 03968-P0001F

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Title: Weight Control System Having Foods and Activities

**Database** 

Inventor: Kirchhoff, et al

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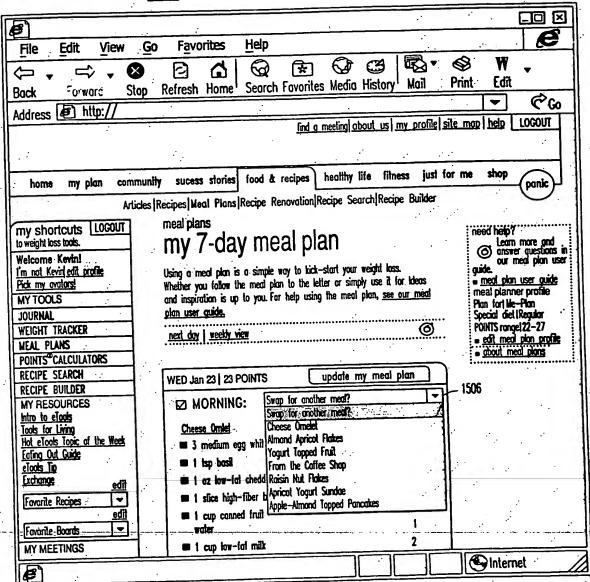


FIG. 15B

Inventor: Kirchhoff, et al 03968-P0001F

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FIG. 16A

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FIG. 16B

Title: Weight Control System Having Foods and Activities Database

Inventor: Kirchhoff, et al 03968-P0001F

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page 1 of 3

Title: Weight Control System **Having Foods and Activities** 

Database

Inventor: Kirchhoff, et al

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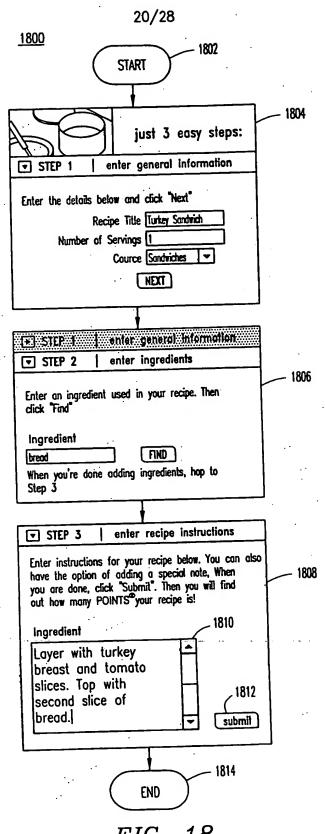


FIG. 18

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FIG. 19

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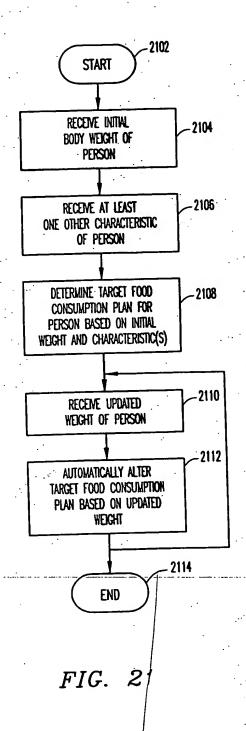
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Database

Inventor: Kirchhoff, et al 03968-P0001F

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Database

Inventor: Kirchhoff, et al

03968-P0001F

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we know how hard it can be.

Never trade what you want at the moment for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. Thats why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on out message boards and in our chat rooms.

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- I want to lose weight, but I can't seem to get started.
- My weight-loss is at a standstill
- I've fallen off the wagon.
- I'm thinking of quitting.
- 1 gained this week.
- I can't do this
- I just ate a whole chocolate cake
- I can's stop overeating!
- Everybody I know is losing weight except-me.
- I'm stressed!
- My family and friends keep bringing me food!
- My spouse doesn't seem to want me to lose weight.
- I'm planning a vaction. How will ! stoy on track while away?
- My friends have asked me to go out to eat with them.

- I have zero POINTS left for the
- Somebody just said something really hurtful to me.
- None of my jeans fit me anymore!
- I'm too big to fit into a bus seat.
- I'm going to have to stand in front of a crowd. People willnotice me.
- I feel so lonely.
- "I'm-bored-with-trying-to-lose weight.
- . I'm frustrated with trying to lose weight.
- I hate exercising.
- I've lost my motivation.
- I feel thinner and look thinner, but I'm not losing pounds.

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FIG. 23

Title: Weight Control System Having Foods and Activities Database

Inventor: Kirchhoff, et al 03968-P0001F

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Database

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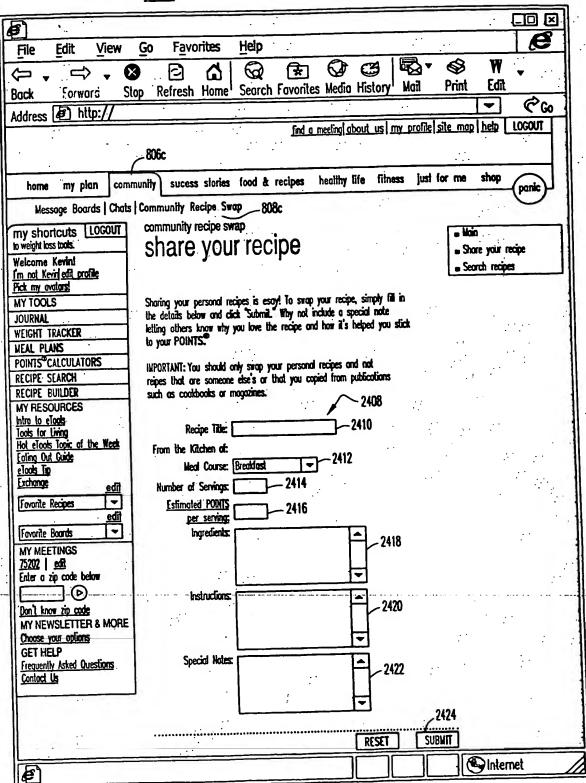


FIG. 24B

Title: Weight Control System. Having Foods and Activities Database

Inventor: Kirchhoff, et al 03968-P0001F

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